

## **Yr 8 ..... Autumn Term**

### **Knowledge and Understanding**

#### **Swimming.**

In this unit, pupils focus on developing the quality and power of their existing strokes, learn how to swim three strokes well, and start to learn butterfly.

- to improve the consistency and quality of their skills
- to adapt their skills to specific events and extend the range of their techniques
- what they need to do to improve their fitness in swimming
- why and how to prepare themselves for swimming
- why physical activity is good for their health
- to understand the nature of the swimming task and make effective evaluations of strengths and weaknesses in their performance

#### **Athletics.**

In this unit, pupils improve their running, jumping and throwing skills and learn specific techniques for events in order to improve performances. They will carry out investigations into aspects of technique and use the information to become more technically proficient.

In all athletic activity, pupils will engage in performing and improving their skills and personal and collective bests in relation to speed, height, distance and accuracy.

- to improve the consistency of their sprinting, sustained running, jumping and throwing techniques
- to adapt their skills to the needs of events
- to prepare and recover from exercise safely and effectively and to know the principles used
- to recognise that different types of activity require different types of fitness
- to understand the nature of athletic activities and make effective evaluations of strengths and weaknesses in their own and others' performance

### **Transdisciplinary and Generic Skills developed**

Pupils develop their ability to respond effectively to problems and physical challenges, both individually and in cooperation with others. They need to analyse, plan and carry out tasks safely, often leading and managing themselves.

### **Assessment**

Swimming - The students will be assessed on their performance in a 50M timed swim and the quality of their technique. Assessment will be continuous with many opportunities for the students to perform throughout the activity.

Athletics - A teacher comment on the progress the students has made across the three area's of Athletics, running, jumping and throwing.

### **Challenge for All**

Differentiation will be used in every lesson by using modified drills depending on the ability of the student and setting individual goals and targets.

### **Ways in which parents can support their children**

Parents can support their children by creating opportunities for them to participate in the activities covered this term outside of school.

Parents can ensure that their children are taking part in moderate intensity physical activity for at least 60 minutes most days of the week.

### **Yr 8 ..... Spring Term**

#### **Knowledge and Understanding**

##### **Striking and Fielding.**

During this unit, pupils will focus on developing their understanding of the tactics of the game, as well as recognising the importance of improving the techniques, in order to implement the tactics they wish to use.

In games activities, players use their knowledge, skills and understanding with the express intention of outwitting an opponent. In striking and fielding games, players achieve this by striking the ball so that fielders are deceived or avoided, and then running between wickets or around bases to score runs.

- to adapt and develop their skills
- to apply more specific techniques in activities
- to improve consistency, quality and use of techniques for a specific purpose
- to prepare for and recover from exercise effectively and safely and know the principles used
- to recognise that different activities require different types of fitness
- to understand the concepts of striking/fielding games and make effective evaluations of strengths and weaknesses in performance

##### **Invasion Games.**

In this unit, pupils will focus on developing team attacking and defending strategies and techniques. They will use their knowledge, skill and understanding to develop the effectiveness of their play in modified games based upon Netball or Basketball.

In games, pupils select and apply skills so that they can carry out tactics with the intention of outwitting their opponent(s). The main intention is to invade your opponents' territory and to outwit them so that you can score points.

- to improve the consistency, quality and use of skills in the games played
- to adapt and develop their skills
- to apply more specific techniques in the activities undertaken
- to prepare for and recover from exercise safely and effectively and to know the principles used
- to recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active in games
- to make effective evaluations of strengths and weaknesses in their own and others' performance

- to make suggestions to improve play, *eg on attack and defence tactics*

### **Transdisciplinary and Generic Skills developed**

Pupils develop their ability to respond effectively to problems and physical challenges, both individually and in cooperation with others. They need to analyse, plan and carry out tasks safely, often leading and managing themselves.

### **Assessment**

Striking and Fielding - The students are assessed on their ability to strike the ball when batting and their performance in a competitive situation (game).  
Invasion Games - The students are assessed on their ability to select and apply skills in a competitive situation (game).

### **Challenge for All**

Differentiation will be used in every lesson by using modified drills depending on the ability of the student and setting individual goals and targets.

### **Ways in which parents can support their children**

Parents can support their children by creating opportunities for them to participate in the activities covered this term outside of school.  
Parents can ensure that their children are taking part in moderate intensity physical activity for at least 60 minutes most days of the week.

### **Yr 8 ..... Summer Term**

### **Knowledge and Understanding**

#### **Water Polo.**

In this unit, pupils will focus on developing team attacking and defending strategies and techniques. They will use their knowledge, skill and understanding to develop the effectiveness of their play.

In games activities, pupils select and apply their skills so that they can carry out tactics with the intention of outwitting their opponent(s). In water polo the main intention is to invade your opponents' territory and to outwit them so that you can score goals.

- to improve the consistency, quality and use of skills in the games played
- to adapt and develop their skills
- to apply more specific techniques in the activities undertaken
- to prepare for and recover from exercise safely and effectively and to know the principles used
- to recognise the benefits to their health of regular exercise and good hygiene and the benefits of being active in games
- to make effective evaluations of strengths and weaknesses in their own and others' performance
- to make suggestions to improve play, *eg on attack and defence tactics*

**Transdisciplinary and Generic Skills developed**

Pupils develop their ability to respond effectively to problems and physical challenges, both individually and in cooperation with others. They need to analyse, plan and carry out tasks safely, often leading and managing themselves.

**Assessment**

Water Polo - The students are assessed on their ability to select and apply skills in a competitive situation (game).

**Challenge for All**

Differentiation will be used in every lesson by using modified drills depending on the ability of the student and setting individual goals and targets.

**Ways in which parents can support their children**

Parents can support their children by creating opportunities for them to participate in the activities covered this term outside of school.  
Parents can ensure that their children are taking part in moderate intensity physical activity for at least 60 minutes most days of the week.